



SPORTS, FITNESS AND WELLNESS

INTEGRAL YOGA (Adults)

Integral Yoga is a class with the whole package. Strengthen your body, your eyes, your vocal cords, your lungs, and your mind. Come off of a stressful day in the office and leave feeling more peaceful than ever. This class is for everyone! Adults of all ages and fitness levels are welcome. Must bring your own yoga mat. Instructor: Maryann Concannon.

Mini-Session

Activity #316542A (6 classes)	\$24/Res; \$36/Non-Res
5/5-6/9 Wed 5:30-6:30 pm	Southside (Hill)
Activity #416542A (8 classes)	\$32/Res; \$48/Non-Res
6/23-8/11 Wed 5:30-6:30 pm	Southside (Hill)



YOGA-PILATES (Adults)

Want the stress release and movement of yoga with a different twist? Yoga Pilates uses body position and alignment to focus the muscles and benefit both body and soul. Focus on your core with Pilates, focus on your whole body and mind with yoga. Get lean and mean and strong and peaceful all in one hour! Must bring your own yoga mat. Instructor: Maryann Concannon.

Mini-Session

Activity #316543A (6 classes)	\$24/Res; \$36/Non-Res
5/5-6/9 Wed 6:45-7:45 pm	Southside (Hill)
Activity #416543A (8 classes)	\$32/Res; \$36/Non-Res
6/23-8/11 Wed 6:45-7:45 pm	Southside (Hill)

NIA DANCE (Adults)

Using physical activity to bring together the mind and the body, this cardio program uses whole body and expressive movements to achieve fitness and wellness. Instructor: Corean Gray. 7 sessions.

Activity #314090A	\$42/Res; \$63/Non-Res
4/10-5/22 Sat 3-4 pm	Letts

NIA DANCE WORKOUT (Adults)

Join this popular non-impact, mind and body fitness class. NIA integrates movements from dance and healing arts that turns the conventional workout into a full mind and body experience. You can enjoy NIA regardless of your fitness level. Stimulating and exciting music along with creative movements and specific areas of focus will inspire you to thrive! Sign up for both days to receive a discount! Instructor: Trudie Wilson. 8 sessions/1day/week or 16 sessions/2 day/week.

Activity #350300A	\$48/Res; \$72/Non-Res
4/13-6/1 Tue 6-7 pm	Southside (Hill)
Activity #350300B	\$48/Res; \$72/Non-Res
4/15-6/3 Thu 6-7 pm	Southside (Hill)
Activity #350300C	\$60/Res; \$90/Non-Res
4/13-6/3 Tue/Thu 6-7 pm	Southside (Hill)
Activity #450300A	\$48/Res; \$72/Non-Res
6/22-8/10 Tue 6-7 pm	Southside (Hill)
Activity #450300B	\$48/Res; \$72/Non-Res
6/24-8/12 Thu 6-7 pm	Southside (Hill)
Activity #450300C	\$60/Res; \$90/Non-Res
6/22-8/12 Tue/Thu 6-7 pm	Southside (Hill)



ZUMBA - FREE DEMO CLASSES!

Find out what Zumba is all about! Try it out at a free demo class! Demos will be held Saturday April 10th, 9:30 a.m. and Thursday, June 17th, 6 p.m. at the Southside Community Center, 5825 Wise Rd. in Lansing. Call 483-6686 if you have questions.



NEW! ZUMBA (Adults)

ZUMBA is a dance inspired fitness class set to Latin and International music! The routines feature easy to follow steps and interval training, combining fast and slow rhythms that tone and sculpt the body. Dance to a variety of rhythms including: Salsa, Merengue, Reggaeton, Cumbia, Hip-Hop, Belly Dance, Bhangra, Samba, Axé and many more! Burn up to 700 calories per hour! Ditch the Workout, Join the Party! Certified ZUMBA Instructor, Nicolée Broyles. 6 sessions.

Activity #316310D	\$36/Res; \$54/Non-Res
4/17-5/22 Sat 9:30-10:30 am	\$10 drop-in option at the door Southside (Hill)
Activity #416310D	\$36/Res; \$54/Non-Res
6/24-7/29 Thu 6-7 pm	\$10 drop-in option at the door Southside (Hill)

ZUMBA (Adults)

You will enjoy this rhythmic, high energy workout. While dancing, you will burn calories and fat, tone the body, and become more limber. Bring a towel and wear loose clothing. Certified Zumba Instructor: Susan Bracamonte. 7 sessions.

Activity #312613A	\$35/Res; \$52/Non-Res
4/10-5/22 Sat 9-10 am	Foster



ZUMBA (Adults)

ZUMBA combines high energy and motivating music with unique moves and combinations. ZUMBA is a fusion of Latin and International music and dance that create an effective fitness system that's FUN and EASY TO DO! Experience an absolute blast in one hour of caloric burning, heart racing, muscle pumping, and energizing movements meant to engage the entire body! Certified Basic and Level 2 ZUMBA Instructor, Stephanie Valavanis. No class 5/31 & 7/5.

Activity #316310A	\$56/Res; \$84/Non-Res
4/12-6/7 Mon 5:30-6:30 pm	Southside (Hill)
Activity #416310A	\$56/Res; \$84/Non-Res
6/21-8/16 5:30-6:30 pm	Southside (Hill)



LOW IMPACT DANCE AEROBICS (Adults)

A workout that takes the jumping and bouncing out of aerobics yet has the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Please bring an exercise mat and athletic shoes to class. Instructor: Kristi Vartanian.

Activity #313230A (2 days/week)	\$32/Res; \$48/Non-Res
4/12-6/3 Mon-Thu 9-10 am	Gier
Activity #313230B (3 days/week)	\$48/Res; \$72/Non-Res
4/12-6/3 Mon-Thu 9-10 am	Gier
Activity #313230C (4 days/week)	\$64/Res; \$96/Non-Res
4/12-6/3 Mon-Thu 9-10 am	Gier
Activity #413230A (2 days/week)	\$44/Res; \$66/Non-Res
6/14-8/26 Mon-Thu 9-10 am	Gier
Activity #413230B (3 days/week)	\$66/Res; \$99/Non-Res
6/14-8/26 Mon-Thu 9-10 am	Gier
Activity #413230C (4 days/week)	\$88/Res; \$132/Non-Res
6/14-8/26 Mon-Thu 9-10 am	Gier

LOW IMPACT DANCE AEROBICS (Adults)

This workout takes the jumping and bouncing out of aerobics with the same cardiovascular benefits. Simple routines done to popular music will tone the arms, legs, and stomach. Instructor: Margaret Sickles. 15 classes. No class 5/31.

Activity #350500B	\$30/Res; \$45/Non-Res
4/12-6/2 M&W 6-7 pm	Mt. Hope

CARDIO CIRCUIT EXPLOSION (Adult)

This circuit training workout is high intensity and starts with a brief warm-up, continues with 40 minutes of cardio conditioning and strength training stations using stability balls, resistance tubing, medicine balls, step benches, your own body weight and much more. The class is designed to maximize the use of time and fit into a busy schedule. Certified instructor: Ann Kostin-McGill. At the door prices are \$2 for City of Lansing residents and \$3 for non-residents (pictured ID will be required)

Activity #313240A	\$10/Res; \$20/Non-Res
4/13-5/6 Tue/Thu 5:45-6:45 pm	Gier
Activity #313240B	\$10/Res; \$20/Non-Res
5/11-6/3 Tue/Thu 5:45-6:45 pm	Gier
Activity #413240A	\$10/Res; \$20/Non-Res
6/8-7/1 Tue/Thu 5:45-6:45 pm	Gier
Activity #413240B	\$10/Res; \$20/Non-Res
7/6-7/29 Tue/Thu 5:45-6:45 pm	Gier
Activity #413240C	\$10/Res; \$20/Non-Res
8/3-8/26 Tue/Thu 5:45-6:45 pm	Gier
Activity #413240D	\$10/Res; \$20/Non-Res
8/31-9/23 Tue/Thu 5:45-6:45 pm	Gier

